

# List of maternity necessities



KRAAMZORG  
NOP/LEMSTERLAND

## Homebirth

- Mattress protector (80x160) \*
- 10 cellulose bed pads (60x90) \*
- 2 packs of sterile gauze pads \*
- 10 large gauze pads \*
- 1 bottle surgical spirit 70% \*
- 1 length of cotton wool (50 gr) \*
- Sterile umbilical cord clamp / cord ring \*
- 2 bin bags
- 2 clean buckets
- 2 hot water bottles with covers
- Gloves
- Disinfected hand gel \*

## Hospital

- Pregnancy folder (midwife checks)
- Identification
- Acknowledgment of paternity / marriage certificate
- Camera (photo and/or video) ready to use
- Phone with charger
- Money (parking fee)
- Romper (50/56) / set of cloths (50/56) / socks cap / jacket
- Car seat Blanket
- Toiletry
- Clean clothes for mom
- Socks (also a pair of warm socks)
- Underwear
- Non-wired nursing bra (Night)shirt
- Bathrobe and slippers

## Formula feeding

- 2 flessen, inclusief spenen (maat 1)
- 1 flessenrager
- 1 pak kunstvoeding, standaard

*These articles are included in the maternity package that you can request from your health insurance.*

## Mother

- Bed blocks (when bed is lower than 80 cm)
- 3 sets of bed linen (2 sets if there is a tumble dryer)
- 1 digital thermometer or ear thermometer (not for baby use)
- 1 package of maternity sanitary towels \*
- 2 packages of sanitary towels (Sanacure recommended)
- 1 length of cotton wool (50 gr) \*
- 1 measuring jug or water bottle (for rinsing)
- Nursing bra (non-wired)
- Nursing pads

## Baby

*A baby's immune system is not yet fully grown. They are more sensitive for tetter and allergies. Therefore it is recommended to choose clothing made of naturally breathable fabrics which are easy to wash (for example terry cloth or cotton) and are easy to put on and take off your baby.*

- 6 rompers (size 50-56)
- 6 sets of clothes or baby suits (size 50-56)
- 4 hats (cotton or wool)
- 2 bath capes
- 12 muslin cloths (minimum) and 2 XL muslin cloths
- 6 muslin washcloths
- 6 burp cloths
- 2 hot water bottles with covers
- 1 digital thermometer suitable for rectal use Only for baby use)
- 1 mattress
- 1 flannel mattress protector
- 2 fitted sheets
- 3 flat sheets
- 2 cot quilts (wool / cotton)
- 1 changing mat with 2 covers
- 1 baby bath with bath stand / Tummy Tub
- 1 baby shampoo
- 1 (soap-free) baby wash
- 1 baby ointment
- 1 hairbrush and comb
- 1 nail file (carton)
- Disposable nappies or reusable cloth nappies newborn
- Wet wipes